

(TMI Focus, Vol. XV, No. 1, Winter 1993)

## TRAINER PERSPECTIVE: LIFELINE® OVERVIEW

by Darlene Miller

*Darlene Miller joined TMI's training staff in 1985. Since that time, Dar has also been appointed director of the EXPLORER and PERSONAL RESOURCES EXPLORATION PROGRAM (PREP) conducted through the research laboratory. Before moving to Virginia, Dar's "past life" experiences as a clinical psychologist included directing a 160-bed residential treatment facility for violent juvenile offenders in Colorado, and consulting with management groups on effective team building. Beginning in June of 1991, Darlene has co-facilitated, with Teena Anderson, all the LIFELINE® programs.*

As a child raised in a fundamentalist Christian family, I spent considerable time in church. It was common for our Wednesday evening prayer meetings to begin with an opportunity for anyone who chose to stand up and "testify," i.e., to thank God publicly for specific blessings and "gifts of the Spirit" which had been received during the previous week. These often touching, heartfelt expressions were greeted with satisfying sounds and murmurs of approval from other members of the congregation ("Praise the Lord," "Amen, sister," "Thank you, Jesus"). Even now, some forty years later, I can easily recapture the feelings of comfort and inspiration that accompanied those spontaneous outpourings of gratitude, those testimonials to the validity of that community's particular belief system.

With the completion of twelve *LIFELINE* programs, I feel drawn to "stand up and testify," to acknowledge publicly the profound impact this program has had upon my own life, and to express a gratitude beyond words for each one of the participants who has shared in the adventure with us. While it seems axiomatic that we teach what we most need to learn, through the process of facilitating the *LIFELINE* program I have come to feel a strong kinship with a concept described in *The Feminine Face of God* (Anderson and Hopkins).

Briefly summarized, those of us on a spiritual quest are searching for sisters and brothers who are so committed to hearing their own inner voices of truth that when we are in their presence we can only respond in kind from within our own deep wellsprings of honesty and integrity. By their example, we are inspired to dedicate ourselves willingly to exploring deeper levels of our own awareness and beingness. They become our "resonators."

It is this quality, within the *LIFELINE* participants to date, which has touched me so poignantly. To be within their presence for a week is to resonate with courage and the unerring devotion to knowing more of self, to move increasingly toward greater non-judgmental acceptance of self and others, and to experience love in its fullest sense, in all its multiple forms.

So, thank you, *LIFELINE* participants. Thank you, Teena Anderson. Thank you, Mark Certo. And thank you, Bob Monroe, for the gift of your abundant vision. Resonators, all.

(Amen, sister.)

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